FAMILY LIFE

L.F.E. LIBRARY

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NO ONE IS "NORMAL"

Variation is the most conspicuous fact to be observed in living things, and attempts to designate people, particularly children, as "normal" are statistically somewhat absurd, says biochemist Roger J. Williams of the University of Texas. The standard weight tables which used to worry parents, who thought there must be something the matter with Junior—and with their management of him —if he did not tip the scales at the exact figure which the books said was "normal" for 15 months, have long since been discredited; but the public is still being fooled with innumerable propositions much more damaging. Physicians and particularly child psychologists must answer for many sins in this area, Dr. Williams declares in a new book.

Parents often complain because a child eats so slowly. Cross-sections of the esophagus may vary at least four-fold. The child with a large gullet would find it much easier to bolt his food than does one with a small one. Some human stomachs hold six or eight times as much as others. Naturally, the individual with a small stomach will tend to eat little at a time, but more frequently — no matter how much his parents may fret and fume. Differences in the size, shape, and position of the colon are, to a layman, almost unbelievably great. In a group of 600 *healthy* infants less than a week old it was found that there were some who passed as many as 12 to 14 stools in the course of 24 hours; on the other hand, 16 of the babies had no stools at all during the day of observation. Parents, and their pediatricians, need to have more regard for the differences between babies.

Differences in musculature are certainly known to every medical student who has made a dissection; but they have not been taken into account in practice. We have taken it for granted that "normal" people were substantially alike. "The implications of these striking anatomical and other differences in hands are obvious, as they relate to handwriting (signatures), manual dexterity, finger dexterity, tweezer dexterity, ability to type, ability to play the violin or piano, ability to do the intricate work of the surgeon, or to make the manipulations of a masseur, a card trickster, or a magician. Children may be given the same copy books and taught writing in exactly the same manner, but in the end each will write distinctively because their hands, including all the nerve connections, are distinctive and different. For some, it is ex-

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tremely difficult to learn to write legibly at all, yet they may be very able in other ways."

It appears to Dr. Williams that "on the basis of the information just presented, *highly* skilled watchmakers, typists, violinists, pianists, scientific experimenters, mechanics, surgeons, masseurs, and magicians are probably born *and* made. No one without the requisite hands, anatomically and neurologically, regardless of his other endowments could really excel in these fields, and no one can become expert without training and practice. It seems important from the standpoint of the conservation of human resources, that individuals who have unusual manual endowments be given the necessary training. Because of our inattention to anatomical and neurological individuality, it is probable that many who are extraordinarily well equipped for activities such as are mentioned above go unnoticed and untrained. We have suspected, for example, that the training of a potentially superb surgeon has not infrequently been nipped in the bud because the individual could not learn chemistry, a special subject for which he needs to have very little aptitude in order to be outstanding in his field." Evidently, vocational guidance must eventually take account of such matters, rather than depending on so-called "aptitude and interest tests" which merely ask the subject, "What would you like to do?"

The author goes on to discuss innumerable other differences, to emphasize the large differences often found between men and women. Every individual body has a distinctive chemical composition. The range of variation in the glands of internal secretion is as important as it is large—the range of secretion of male and female sex hormones, for instance, may even be 30- or 40-fold. "It appears on the basis of our discussion that the idea that normal people have about average hormonal levels, and that only 'freaks' depart significantly from the average, is untenable. Each individual, normal or not, it appears, must have a distinctive endocrine pattern which is based upon the anatomical and physiological potentialities of each gland and the intricate balances which exist between the different endocrine agents. The distinctiveness of these patterns involves differences in single items not of the order of 10, 20, or 50% but often differences of as much as 10-fold or more (that is, 1,000%). The endocrine patterns of different people appear to be fully as diverse as are the habitations in which human beings live." These facts may call for radical revision of present-day concepts of psychotherapy, which in practice have not proved to be very effective. Psychological and psychoanalytical speculations are of doubtful value until they have taken into account the constitutional differences of human beings. Dr. Williams points up this conclusion by a discussion of such common problems as alcoholism and schizophrenia.

He gives particular attention to differences in nutrition, a field in which he is outstanding (he discovered pantothenic acid and invented the method for synthesizing it.) Much of the book is rather technical in character and will appeal most strongly to readers with some biological background. He attaches great

weight to what he calls the genetotrophic principle, namely, that "Every individual organism that has a distinctive genetic background has distinctive nutritional needs which must be met for optimal well-being." The first thing to know, in the light of that principle, is "What is this individual's heredity?" It has been extremely difficult to get the public to accept the genetic approach, he remarks, because it seemed fatalistic; but he declares the fact is just the opposite—an understanding of heredity is the only thing that will give us hope of solving the individual's problems. We can't meet his needs unless we know what those needs are. He has chapters on the implications for the biological sciences, for medical and dental research, and for advances in psychiatry.

In short, Dr. Williams concludes in this important volume, we have concentrated too much on trying to understand what "man" is like and have given too little attention to *men,* the individuals who make up the species, the persons who become patients, and the units who make up society. Of course, we can draw a single recognizable picture of man. He will have a skeleton, muscles, organs, nervous system, hungers, emotions, aspirations, etc.; but as long as we hope to solve or understand human problems on the basis of such a generalized human being, our operations must be at a very elementary level and many problems will completely elude us."

(BIOCHEMICAL INDIVIDUALITY, the basis for the genetotrophic concept, by Roger I. Williams. Pp. 214, price $5.55 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1956.)

Inexpensive Pamphlets

LOOKING FORWARD TO SCHOOL, pp. 48, free on request to Medical Dept., Equitable Life Assurance Soc., 393 7th ave., New York 1, N.Y.

WANTED . . . MORE MEN IN NURSING, free on request to Director, Mills School of Nursing for Men, 466 First ave., New York 16, N.Y.

HOW TO CREATE YOUR CAREER, pp. 31, price 30c from Natl. Vocational Guidance Assn., 1534 "O" st., N.W., Washington 5, D.C.—Addressed to high school students.

YOUR FUTURE IS WHAT YOU MAKE IT, pp. 32, free on request to Natl. Assn. of Manufacturers, 2 E. 48th st., New York 17, N.Y. — For high school students, stressing importance of personal attitudes and actions.

HELPING THE LEFT-HANDED CHILD, pp. 4, price 15c from Internatl. Council for Exceptional Children, 1201 16th st., NW., Washington 6, D.C.

PARENT EDUCATION HANDBOOK, pp. 53, price 50c from Family Life Education Dept., K.C. Public Schools, Kansas City, Mo.

DIVERSIONS FOR THE SICK, pp. 30, free on application to Health Service, John Hancock Mutual Life Ins. Co., Boston, Mass.

EMOTIONS IN EDUCATION, by Dana L. Farnsworth. Pp. 15, price 25c from Cleveland Health Museum, 8911 Euclid ave., Cleveland 6, Ohio.

SPIRIT THROUGH BODY, by Richard B. Gregg. Pp. 53 (paper covers, no index), price not stated, from the author, R.F.D. #1, Chester, N.Y. — Examination of the "inhibitory attitude, almost a taboo, started, for Western civilization, by Saint Paul."

HUMAN OVULATION AND FERTILITY

Women show, each month, three periods of increased activity and energy, says Edmond J. Farris. The first is toward the end of the menstrual flow, the second is in the mid-period about the time of ovulation, and the third is just before the onset of the flow.

The last-named had long been recognized, and associated with a rise in basal metabolism which takes place at that time. Dr. Farris connects each of these spurts with the secretions of the ovaries, and finds that they can be identified easily in the record of work performed by women in all kinds of jobs. Taking the average production of the month, he discovered that a woman at these times was likely to increase her output something like 20% or, in the mid-monthly spurt, more nearly 30%. Obviously, women might well add some new data to their monthly calendars, and use these days for chores that demand unusual effort or speed.

Following these clues Dr. Farris (executive director of the Wistar Institute of Anatomy and Biology, Philadelphia) began a more consistent study of the glandular activity of the normal woman, with a view to discovering ways of dealing with childless marriages. The first thing was to find a way of identifying the moment at which the egg cell was released from the ovary and he developed the rat hyperemia test which usually gives highly accurate results within two hours. A speciment of the woman's urine is injected into an immature female white rat. When the abdomen is opened the ovaries will be seen to be red and swollen, if the urine came from a woman at the time of ovulation. There are a dozen methods already in use to detect this occurrence, most popular now being the temperature test, which is simple and can be made by the woman herself. She takes her body temperature regularly, and is supposed to recognize the time of ovulation by a sudden rise in the mercury. But Dr. Farris claims this is reliable and usable in less than one-half of all cases.

Using his own test, he ascertained the time of ovulation of many women, learning (in accordance with the prevailing idea) that 90% of all ovulations take place between days 10 and 16 (counting the appearance of the menstrual flow as day 1) and that the great majority are between days 11 and 14. The first thing for a woman to do, then, is to ascertain the length of her menstrual cycle. She has often been told that she should keep a chart for at least a year, for this purpose.

He says three months are enough. She can then average the three cycles and divide this number by two, to get the mid-cycle day. She should then have coitus once daily for three consecutive days before the mid-cycle day, and preceded by five days abstinence (to build up the husband's sperm count.) This formula should be used in four successive months. In more than three-fourths of all cases, conception will be achieved.

It is doubtful if the ovum can be fertilized more than eight hours after the rupture of the follicle, and sperm are not potent for more than 24 hours after ejaculation, the author believes. The need for careful timing is therefore obvious.

What of the woman with the converse problem,—the need of preventing pregnancy? Again she determines the mid-cycle day and subtracts two days from this number, to determine the most likely day of ovulation and conception. Suppose, for illustration that the day of ovulation is in this way determined to be day 12.

Then she subtracts two additional days from this to determine the earliest day of the fertile period; adds five days to determine the latest day of the fertile period; this will give the hypothetical fertile period as days 10 to 17 inclusive, and all the rest of the cycle should be sterile.

Dr. Farris gives voluminous data covering all lengths of cycles from 20 to 49 days, and full information for the benefit of the specialist. In fact, his book will probably be read mainly by those with some special knowledge of and interest in problems of reproduction, although most of it is easy reading for any other educated person.

Accurate timing is particularly important in artificial insemination and he gives data on many such cases, where either the husband's semen or that of a donor was used. The emotional impact of the latter procedure has often been debated, so he questioned husbands and wives, first as to why they chose AID (Artificial Insemination from Donor) instead of adoption. He found considerable resentment against the procedures of adoption agencies, desire for the experience of pregnancy, feeling that the heredity would be at least 50% "desirable," closer relationship to infant, and concealment of infertility: "No one would know we couldn't have our own." "In the public eye, I am the father." "Husband's pride protected."

Would they desire to have another child by the same method? Unanimously, Yes.

The book contains much more information on technical problems — irradiation of the pituitary, and the like, together with description of a simple method for determining whether a woman is pregnant, by comparing the color of the cervix with sample cards. Dr. Farris thinks this is accurate within a few weeks after conception, and it is of course much easier and cheaper than the standard test (Friedmann's modification of Aschheim-Zondek) involving injection of urine into a female rabbit.

This book is a valuable contribution to a field of great importance. Dr. Farris may be overoptimistic, as when he declares, "My experience with childless couples verifies that there is hope for most couples to reproduce, when the findings of these years of research are applied." How many are "most?" But the work at the Wistar Institute, and at scores of other laboratories in all civilized countries, is steadily improving the prospects for those diagnosed as infertile.

(HUMAN OVULATION AND FERTILITY, by Edmond J. Farris. Pp. 158, price $6.50 from J. B. Lippincott Co., East Washington Square, Philadelphia 5, Pa., 1956.) ●

Notes From the AIFR

PROSPECTUS and complete program of the Tenth Annual Summer Workshop in the Techniques of Counseling, to be offered at the AIFR August 5 through 17, is now available. As the number of persons who can be admitted to this workshop is limited to 50, and some always have to be refused because of our space limitations, early application is necessary. Total fee for the workshop is $50.

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Research Notes

WIDELY NOTED by newspapers, the U.S. population passed 170,000,000 recently, boosted by the 1956 birth rate which delivered the largest number of births in American history approximately 4,200,000. Marriages during 1956 are estimated at 1,587,000.

LESS THAN 1% of New York City's 2,000,000 families produce 75% of the city's juvenile delinquents according to

Justice Nathan Kaplan of the Domestic Relations Court.

STUTTERING is the object of research by Wendell Johnson, professor of speech pathology and psychology at the University of Iowa, helped by a $7400 grant from the Easter Seal Research Foundation. He will try to determine to what extent stuttering is due to neurophysiological deficiency or abnormality. Many psychologists have considered it merely emotional and the result of wrong education.

WIDESPREAD INCREASE in syphilis and gonorrhea among teen-agers is reported by Jules E. Vandow of the N.Y. City Health Dept., in a recent address. In some states venereal diseases have doubled among girls 15 to 19 years of age.

ARIZONA fell into line with almost all other states by adopting a law requiring premarital test for syphilis and a waiting period of 48 hours before issuance of a license. The measure went into effect on Dec. 7 and led to an immediate drop in marriages. Statisticians predict that marriages in Arizona, which numbered approximately 22,200 last year, may not be much more than 8,000 this year, with two-thirds of the decrease occuring in Yuma — favorite destination of couples from Southern California who went there to escape the venereal disease test required by their own state.

IDENTIFICATION of infants born with doubtful sex will be easier if a new test sustains its promise. Developed by W. Herrmann and A. M. Davis, it relies on scrapings from the mucous membrane of the mouth, which are then examined under the microscope. In a control group of 50 males and 50 females of varying ages, the percentage of cells in males containing "the female sex chromatin mass" was 0-4, in females 10-32, with no overlapping. Such a test would make it possible to classify hermaphrodites properly from the earliest months.

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Around the World

ITALY'S "Family Front" has just celebrated its 10th birthday. Most European countries have broad popular movements to strengthen family life, that are quite unknown in North America. *Il Fronte della Famiglia* (which has strong support from the Roman Catholic church) attempts to exercise an educational and political influence in everything that concerns the family as an institution, particularly in preparing young people for marriage, and helping the family to secure legal and financial protection from the state. It publishes a semi-monthly journal, *La Famiglia Italiana*, at Piazza Aracoeli 6, Rome.

CANADA, like other nations, finds that the poorer families have the most children. The federal statistical bureau announces that the median wage of the childless couple in 1954 was $3,538, of a couple with one child $3,778, and of a couple with four children $3,434.

ROMAN ROTA, highest court of appeal in the Roman Catholic church, last year heard 256 requests to declare a marriage null and void; granted 128 of them.

JAPAN'S latest official figures on sterilizations performed under the Eugenic Protection Law for 1955 and show 1,528 operations on males, 41,727 on females, a total of 43,255.

NATIONAL ASSOCIATION OF CIVIL WIDOWS (i.e., those not widowed by war) held its first congress at Grenoble France. It demands legislation to take care of civil widows and their children—those of men killed in the armed forces already have some protection.

NEW BOOKS IN BRIEF REVIEW

THE PSYCHOLOGY OF SEXUAL EMOTION, by Vernon W. Grant. Pp. 270, price $4.75 from Longmans, Green & Co., 55 Fifth ave., New York 3, N.Y., 1957.

"What is love?" has long been a subject for discussion by scientists as well as a good topic for after-dinner conversation. Dr. Grant (head of the department of psychology at Hawthornden State Hospital, Macedonia, Ohio) surveys much of the literature in the field. He concludes that a great deal of misunderstanding arises from the fact that "there are two entirely different emotions in play here, and that the presence or absence of either one of them makes a vast difference in the *kind of love relation* that results. One of these emotions we shall call 'amorous.' The other, or the need that gives rise to it, may be called affectional.' One of these is sexual, the other is not. Either may be the stronger in attachments between man and woman, or both may have an important place." The very complex nature of whatever is called love, on which almost every writer has commented, is certain to lead to a great deal of talk at cross purposes. As the author says, "The use of the same word for amorous emotion, for genital-sex desire, and for the needs to receive and give affection, leaves small room for wonder at the confusion encountered in everyday talk about human 'love' attachments."

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SEARCH FOR LOVE, by Lucy Freeman. Pp. 251, price $3.75 from World Pub. Co., 2231 W. 110th st., Cleveland 2, Ohio, 1957.

Miss Freeman is a journalist who benefited greatly from psychoanalysis, some years ago, and has published a number of popular books on mental health. As a result, thousands of people from all over the world have written "pouring out their hearts and their troubles to her," and this book is based on answers to such letters, —a sort of Dorothy Dix performance which leads her to express positive opinions on many topics about which she has little information. One man wants to know how to give his boy sex education, for instance, and the best she can do is to quote a short letter which Freud wrote in 1929, — a very inadequate answer by modern standards. The first part of her book is on "The unloved" — people in difficulties. The second part is entitled "Whistling in the dark," which refers to people who seek any sort of help except psychoanalysis. Here again Miss Freeman's "zeal outruns discretion." "The idea that one can analyze oneself is snare and delusion": Karen Horney thought not, and wrote a good book on "Self Analysis." Then, too, it was Freud's analysis of himself that started the whole business! Reading books, she declares, does not constitute a method of help; "it is like escaping into daydreaming." She has no use for hypnosis and even less, for shock therapy. She is strongly opposed to most use of "tranquilizing" drugs. In all these respects she is dogmatic in matters where great experts disagree. She is on more solid ground in denouncing some of the newspaper columnists who offer smart-aleck "entertainment" when asked for real help; provide "wise-cracks rather than wisdom." The final section is called "The second chance." There are some people who aren't willing to whistle in the dark to allay their fears; they want

the best, so "they are now in the process of being psychoanalyzed, or have been psychoanalyzed." "The classical method as conceived by Freud is still the most effective" and the book concludes with a dithyrambic paean of praise to it: "We can live in serenity and joy, freed from chains of fear and anger . . . The crippled psyche straightened, the fettered made free, the lost returned to safety, the child becomes a man," etc., etc., etc. Perhaps Miss Freeman actually does not know of the relatively small percentage of success with psychoanalysis, the harm done to some patients, the scarcity of really competent analysts and the number of incompetent, or worse, persons "practicing" it. Miss Freeman's intentions are of the best, and she makes many good points, but the general effect of this book on the public will probably be harmful rather than helpful.

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RETARDED CHILDREN CAN BE HELPED, by Maya Pines. Pp. 160 (no index), price $5 from Channel Press, Great Neck, N.Y., 1957.

Only six years ago, groups of parents who wanted better treatment for their own handicapped offspring banded together in the Nat'l. Assn. for Retarded Children (offices now at 99 University Place, New York City.) This book is made up of photographs by Cornell Capa, and accompanying text, first published in *Life*. It is a vivid picture of help given to those who were long neglected. Each year some 120,000 American couples face the problem that these parents encountered, and the public needs to understand it and demand action on it. The book is naturally optimistic, and rightly so; though the statement that "in the majority of cases, retardation is not hereditary" is certainly open to debate. Some important aspects of the problem get little attention, for example, the possible future marriage and parenthood of these youngsters, and the ease with which the retarded girl often becomes a victim of sexual exploitation. But the treatment of retarded children is still disgraceful in some states (they are even incarcerated in the state hospital for mental diseases, along with deteriorated adults). Pearl Buck, Dale Evans Rogers, and others have done much to call attention to the need for a change, and this book is another strong argument for improvement in treatment facilities which, the authors claim, would often cost no more than the present unsatisfactory provisions.

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COUNSELING AND PSYCHOTHERAPY WITH THE MENTALLY RETARDED, ed. by Chalmers L. Stacey and Manfred De Martino; Pp. 478, price $7.50 from the Free Press, Glencoe, Ill., 1957.

About 3% of the American population can be classified as mentally retarded, says Prof. De Martino. This means more than 5,000,000 people; yet no book dealing with methods of counseling this group has appeared previously. The present useful volume reprints some 50 papers discussing all sorts of individual methods and also play therapy, group therapy, psychodrama, and vocational guidance. A necessary section considers the extremely important and difficult job of counseling the parents of the retarded. The general conclusions (summarized by De Martino) are that counseling must be more directive than many therapists practice; that the general principles are much the same as in any other practice, emphasis being given to the personality of the counselor; that play therapy has real possibilities; and of course that success in any case is closely associated with the degree

of retardation of the child. But most of the writers are optimistic about the prospects for helping this group.

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BASIC READINGS ON THE MMPI IN PSYCHOLOGY AND MEDICINE, ed. by George Schlager Welsh and W. Grant Dahlstrom. Pp. 656, price $8.75 from University of Minnesota Press, Minneapolis 14, Minn., 1956.

Since its introduction 15 years ago, the MMPI (Minnesota Multiphasic Personality Inventory) has become the leading test to measure abnormal and pathological traits. From the large number of publications which it has inspired, the editors (both of the University of North Carolina) have selected 66, to which they add a bibliography of more than 700 titles. A tremendous amount of interesting material is included in the volume, but it will appeal mainly to those who have some technical psychological training.

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THE POWER OF SELF-KNOWLEDGE, by Milton W. White. Pp. 353 (no index), price $3.95 from the Julian Press, 80 E. 11th st., New York 3, N.Y., 1957.

Another in the long list of self-help books. Dr. White, a practicing physician in Detroit, calls his system Deconfusion. It has a background of general semantics and a wide variety of ingredients of the general mental health program, sometimes over-simplified and even inaccurate. The general tone, as in most of the books in this class, is positive and constructive, therefore helpful.

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CHILD PLACEMENT THROUGH CLINICALLY ORIENTED CASEWORK, by Esther Glickman. Pp. 448, price $5.75 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1957.

The problems involved in taking a child away from his home, and placing him in a new home, are many and serious. Miss Glickman (now chief psychiatric social worker of the Child Guidance Clinic of Southeastern Connecticut) goes fully into the ways of discovering and dealing with these problems. The book is perhaps best suited to graduate students in social work, but contains much material of general interest and importance.

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HUMAN PROBLEMS OF A STATE MENTAL HOSPITAL, by Ivan Belknap. Pp. 275, price $5.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1956.

Mental hospitals of the type which house 85% of the patients in the U.S. are themselves serious obstacles to the patients' recovery, says Dr. Belknap on the basis of a three-year study. Inefficiency of these hospitals is widely recognized, and the public is continually told that it must put up more money for them. This isn't the real point says the author (associate professor of sociology at the University of Texas.) The trouble is that the whole hospital system "just growed" with little regard to the needs it was intended to meet or the best ways to meet them. The situation is wrong in almost every way—and the psychiatrists themselves are not exempt from blame. "In the long run the abandonment of the state hospitals might be one of the greatest humanitarian reforms and the greatest financial economy ever aehieved" by the state concerned. New, smaller, and localized institutions would do a better job. Dr. Belknap discusses clearly, cogently, and in great detail what is wrong today and what might be right. The problem of mental illness is now enormous, and the demands made on the public for more money to perpetuate what the author says is a system that should not be perpetuated are loud and insistent. Every thoughtful person ought

to read this book and talk it over with the psychiatrists of his acquaintance.

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PSYCHOLOGICAL ASPECTS OF AGING, ed. by John E. Anderson. Pp. 323, price $2 from American Psychological Assn., 1333 Sixteenth st., NW., Washington, D.C., 1956.

Proceedings of a conference on planning research, hence directed more to the professionals and specialists than to the general public. It is filled with interesting information, however, and will repay reading by anyone who has any real interest in the subject. Appendix gives some rating scales for different aspects of adjustment in old age.

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Educational Notes

OF ALL PUPILS who enter high school, only 55% proceed to graduate, says the U.S. Office of Education.

KID BROTHER, "a timely film about teen-age drinking," is now available from the Mental Health Film Board, 168 E. 38th st., New York, N.Y. Black and white in 16 mm., running time 25 minutes, it sells for $145.

AT THE RATE the West is training mental health specialists, it will take 29 years to produce the needed number of psychiatrists, 21 years for clinical psychologists, and nine years for psychiatric social workers, says the Western States Mental Health Survey.

DECLARING THAT "many" educators need psychotherapy Everett Dakan, head of the psychological counseling staff of Teachers College, Columbia University, remarked that personality and emotional problems associated with the teacher can hinder not only his 'personal life but also his ability to guide properly the intellectual and emotional growth of his pupils." Dr. Dakan insisted, "I am not implying that American educators are mentally sick as a group."—Some surveys in the past have concluded that one-fourth or one-third of all teachers in some school systems could profit by personal psychotherapy.

JOURNAL OF FAMILY RELATIONS is a mimeographed publication issued quarterly at 2308 South Lancaster ave., Dallas 16, Texas, "by the Association for Psychodorma Therapy and other agencies of St. Luke's Scientist Church, International, Dr. I. John Williams, D.D., founder and international president."

PARENT EDUCATION EXCHANGE BULLETIN, of which the numbers of the first volume were issued free, is now available at $1 a year from the Child Study Assn. of America, 132 E. 74th st., New York, N.Y. Five issues yearly are promised by the managing editor, Estelle Ohrbach.

NEW YORK State Federation of Women's Club has again called for legislation requiring parents to be responsible for payment up to $250 for vandalism by their children. Such a bill was passed during the 1956 session of the state legislature, but vetoed by Governor Harriman.

NATIONAL FAMILY WEEK this year is May 5-12.

BOARD OF EDUCATION, The Methodist Church, P. O. Box 871, Nashville Tenn., has issued a number of inexpensive leaflets through its Department of the Christian Family. The Togetherness Series of six sells for 15c while *Every marriage has its problems,* by Albert Dale Hagler, is 25c a dozen. Full help is available for the local church planning its program.

FOR THOSE WHO DEAL WITH YOUNG PEOPLE

The American Institute of Family Relations offers pamphlets and booklets that will help you to answer the questions young people ask, frankly, convincingly, and in the light of modern science. Here are a few selections from the list:

201. Home Study Course in social hygiene guidance and sex education; six lessons in pamphlet form by Roy E. Dickerson with nine additional pamphlets by Paul Popenoe and diagrams of male and female reproductive organs with explanatory text by Robert L. Dickinson. Send for detailed prospectus of this unique course, invaluable not merely to parents but to teachers, executives of youth organizations, clergymen and others who are called on to deal with modern youth. Total cost only.....$2.00

Simple, popularly written pamphlets to be put in the hands of adolescents:

4. How do you know it's love?
5. Four reasons why girls pet.
26. How do you know you're in love?
28. Are virgins out of date?
204. Why aren't boys told these things?
304. Your inferiority complex.

Any of the above sent for, each.....10c

An unusual pamphlet for young men in senior high school, in the army, or in industry; equally valuable to their sisters,—a practical discussion of the problems of growing up emotionally, of the place of sex in life before marriage, and of the biological basis of ethical standards:

23. Building sex into your life.....25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Boulevard **Los Angeles 27, Calif.**

Do You Know the Institute's

CORRESPONDENCE COURSE IN THE TECHNIQUES OF COUNSELLING?

In 15 mimeographed chapters of about 10,000 words each, this gives much-needed help to those who are called on to counsel others—teachers, principals, and deans in schools and colleges; clergymen, physicians, nurses, workers in religious education, social workers, officials and leaders of young people's organizations. . . . The professor of psychology in an eastern college writes:

> I never invested any money that gave me better returns. My great regret is that no such course was available to me many years ago . . . I know that from now on I can do a much better job as teacher and counsellor than I did before.

A consulting psychologist (Ph.D.) declares, "I know of no other material than yours that adequately fills the gap between the theoretical knowledge provided by fundamental training in psychology, and the actualities of private counseling." Yet the chapters are so simple and practical that men and women with no previous preparation can apply them to their own difficulties. One home-maker reports, "My husband and I particularly worked out some of our own problems after reading 'The Psychology of The Male and Female Sex' and 'The Inferiority Complex.'" A minister's wife testifies, "I have found it of inestimable value in my work with parents and young people in our parish."

The price of $25.00 (on easy terms) includes a battery of personality tests for the subscriber, and help with his own problems. Write to the Institute today for further particulars.

The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

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